

Wasatch County Seniors Newsletter

Open M-F 8:30 am—4:00 pm • 465 E 1200 S Heber City, Utah • Phone: 435-654-4920

March 2021

SPOTLIGHT

Donna Smith

I was born January 3, 1944 in the small town of Burlington, Vermont. I was named Donna Marie Blair. My father who was in the Army was fighting in the South Pacific at the time I was born. My family had been baptized in The Church of Jesus Christ of Latter Day Saints. My dad was branch president of the small branch there. We moved to Detroit Michigan when I was about 10 or 11 and from there to California. I went to school from 9th grade on through High School in San Fernando Valley, California. I took a business course after high school and became a data entry person. I worked nights and my husband worked days. I met my husband Don A. Smith While working at the Air National Guard Base in Van Nuys, California. We passed each other on the wall between buildings, our eyes met and that was that. We had 5 children 2 girls and 3 boys. Don had 3 girls from his first marriage. So our house was large, noisy and fun most of the time. Don brought the Base into the computer age back when a IBM 407 computer was a monster machine. He loved designing systems and programing. He worked for many different companies and we moved a lot. We were living in Hoover, Alabama when he was diagnosed with pancreatic cancer stage 4. He died about 6 months later in June of 2002. Three of our four children had moved to Utah and wanted their dad buried here. He is buried at Camp Williams. I sold the house and moved here to Heber. My brother Edward Blair took me in. You might have known him as the meat manager at Smiths. The Senior Center was open and I started attending. I had the privilege of working in the kitchen for Cora and Brent and with Kay Welch. I enjoyed it very much. Kay and I would play bingo after the kitchen was closed and cleaned up. I became sick with an autoimmune disease called Sarcoidosis and had to quit working in the kitchen and didn't attend for a while. When I started attending again I went to the ceramics class where I met Lee Ammons and many others. When Lee retired she asked for me to take over as a teacher and organizer. I had already been doing a lot and learned a lot from her so it was easy. After a time, Mary Johnson moved here to Heber and had lots of crafty ideas. She became my assistant and has brought us a lot of different things. I love the Senior Center, I've met lots of wonderful people, made a lot of friends including my best friend, Polly Jeffs. I miss my ladies and Dan in the craft room and being able to serve and be there. I want to say thanks to those in the office and kitchen for keeping things going. Can't wait for us all to be together again. Wish you all health, happiness and safety~ Donna



SENIOR CENTER CORPORATE BOARD 2021

- President: Sandy Hansen
- Vice-President: Cheryl Jones
- Past President: Dennis Allen
- Secretary/Treasurer: Marvin Rust
- Historian: Dan Rider

Directors:
Dee Akerley, Kaye Bonner, Roy Daniels, Laurel Rail, Wayne White

SENIOR CENTER STAFF

- Center Director:
Ashley Fish
- Food Services Manager:
Cora Briggs
- Administrative Secretary:
Tiffany Horrocks
- Activities Coordinator:
Candie Bonner

COUNTY ADVISORY BOARD 2021

- Chair: Kendall Crittenden
- Vice-Chair: Linda Middleton
- Secretary: Marcia Young

Regular Members:
Betty Brandner, Kendall Crittenden (County Council Rep.), Mary Johnson, Jim Kohler, Raneva Lemon, Linda Middleton, Rick Tatton, Marcia Young

1st Alternate: Tom Melville
2nd Alternate: David Davies

From the Director's Desk

Hello, Everyone!

We trust you are all safe and well. We are pleased to know that so many of you have had your first coronavirus vaccination shot and some of you, your second. Continue to watch for further information from the County's health department, their weekly bulletins, etc. which are also found in the local newspaper, *The Wasatch Wave*. Those 65 years and older will be next. We are told this may begin on March 1st.



This month I again wish to pay tribute to our experienced and talented Senior Center food service staff who continue to serve us. For the past year, even though the Senior Center has been "closed", Cora and her Kitchen staff, including Brent, Monica, Jeneal, Ellen (MOW's truck driver), Tiffany (our meals distribution coordinator) and Candie (who helps deliver meals in her vehicle, twice weekly) have continued to prepare and deliver scores of delicious meals. Just as busy as ever. What a team! Please join me in thanking them for their service; Cora and Tiffany, in particular, who have demonstrated their professionalism and leadership as they have "led out" on this.

For a variety of reasons and until further advised, starting this month we will be suspending the once-a-month Tuesday morning "Breakfast" meal provided usually on the 3rd Tuesday morning of each month. A lunch meal will be served at 12 noon on this day, too, just as it is on all other Tuesdays and Thursdays. (Please see the *calendar and menu* pages of this publication.)

All seniors throughout the County are welcome to participate in this twice-weekly meal program. It continues to amaze me that more do not participate, as the *suggested donation* for each meal is ONLY \$3.00! They are delicious and nutritious! To participate and reserve meals, please call 435-654-4920. (A *donation* envelope is provided monthly for your use.)

Lastly, I want to pay special recognition to Tiffany Horrocks, our capable and talented Administrative Secretary, for publishing this monthly newsletter. She deserves all the credit and we thank her.

We still do not know when we will officially re-open. Our segment of the population is still of the "high risk" category. We continue to receive our guidance in this matter by our local and state health departments.

Our very kindest regards and best wishes!

Wasatch County COVID19 Vaccine Update

Total vaccines administered: 4,529

People vaccinated with two doses: 1,086



Wasatch County residents who are 70 and older qualify now to receive COVID19 vaccine through the Wasatch County Health Department. Schedule an appointment by calling **435-657-3276**.

The Wasatch County Health Department will be providing COVID19 vaccine to residents 65 + and those with certain medical conditions starting March 1. For registration instructions and for the list of qualifying medical conditions, please visit our website at: **coronavirus.wasatch.utah.gov/vaccine**

Happy Birthday

Obituaries

Kyle	Probst	2
Myrna	Kowallis	2
Dee	Akerley	2
Diane	Miller	4
Judith	Battaglia	7
Jane	Meeks	8
Jolene	Cox	8
Liesa	Cox	8
Cary	Hobbs	12
Joan	Duke	12
Carolyn	Ritchie	14
Wanda	McDonald	14
Kathryn	Tingey	16
Cynthia	Carlile	17
Dwayne	Meeks	18
Calvin	Giles	19
Bob	Azlin	19
Mike	Hatch	20
Perry	Rose	21
Jerry	Duke	21
Dallas	Bancroft	22
Patricia	Smith	22
David	Rimington	25
Geniel	Bortz	26
Ruthie	Lugton	27
Karl	Merryweather	27
LeeAnn	Cooper	27
Jorgene	Wilson	27
Deana	Cummings	28
Howard	Fish	29
Susan W	Kohler	30
Jeanette	Webb	31
Pat	Broadhead	31

Sherry Nall Hare
Born: March 18, 1949
Died: January 25, 2021

Martin Draper
Born: September 17, 1946
Died: January 26, 2021

Kurt Damschroder
Born: October 2, 1963
Died: January 30, 2021
Married: Denise Begue

Almer Colledge
Born: January 26, 1934
Died: February 2, 2021
Married: Carole Masterson
Colledge

Karey Schooler Allred
Born: March 6, 1957
Died: February 6, 2021
Married: Doug Allred



Are you a Senior who needs Help . . .

Shopping?
Getting to the Doctor?
Writing Letters?
Reading Mail?
Or do you just need a friend?



The
SENIOR COMPANION
PROGRAM
Can Help!!

Call
801-851-7767



Sponsored by
Utah County Government



**Would you like a 20% discount
at Chuck-A-Rama?**

A \$1 donation to the Senior Center
will get you a "Senior Club" card
which will give you a 20% discount.

Plus, after 10 meals get 1 meal free!!
All proceeds go to our Senior Center.

Call 435-654-4920 to schedule a pick-up time.

Senior Book Club

We are currently reading:

When Breath Becomes Air by Paul Kalanithi

Next meeting:

Thursday, March 18th

**** Don't forget your Mask & Book****





To all Seniors...just a little info from the kitchen. March has arrived. It has been one year on St. Patrick's Day that we started "curbside delivery". It was kind of a shock to our system but we have survived. One day we will return to our usual, but until then we will move forward.



7 Surprising Facts About St. Patrick's Day:

1. The Real St. Patrick Was Born in Britain
2. There Were No Snakes Around for St. Patrick to Banish from Ireland
3. Leprechauns Are Likely Based on Celtic Fairies
4. The Shamrock Was Considered a Sacred Plant
5. The First St. Patrick's Day Parade Was Held in America
6. The Irish Were Once Scorned in America
7. Corned Beef and Cabbage Was an American Innovation

Have a Happy St. Paddy's Day and enjoy all things "Green".

Just a reminder that Utahans age 65 and older are now eligible for COVID-19 vaccine, earlier than expected. Call 435-657-3276 to make an appointment thru Wasatch County Health Department.

Please continue drinking your water and maybe something green on St. Patrick's Day.

Until next time, take care...Cora Briggs

Cora's Kitchen



Well, the weather outside looks frightful, at least to drive in. I hope you are all staying safe indoors from the weather, roads, and sickness. Let's talk this month about keeping your Medicare information safe. Here are some helpful reminders:

- Guard your Medicare card like it's a credit card.
- Medicare will never contact you for your Medicare Number or other personal information unless you've given them permission in advance.
- Medicare will never call you to sell you anything.
- You may get calls from people promising you things if you give them a Medicare Number. Don't do it.
- Medicare will never visit you at your home.
- Medicare can't enroll you over the phone unless you called first.
- Don't share your personal or financial information if someone calls, texts, or emails you promising access to the Covid-19 vaccine for a fee.

If you ever have any questions about whether something is valid or a scam please feel free to reach out to me and I'd be more than happy to help.



Michelle Jensen

SHIP Medicare Counselor

801-229-3819

mjensen@mountainland.org

MEDICARE



Activities



Every Monday- Books On Buses: Need something from the library? We can delivery it to you. Call the Senior Center to get on the delivery list. 435-654-4920

Every Wednesday– Bingo: We will play Bingo via Facebook at 1:00PM
Bingo cards are available by curbside pick up M-F from 11:30AM-12:00PM.

Find Us On Facebook



Throw Back Pictures



Books On Buses



Let us drop off books, movies, puzzles, etc. to you door step, at no charge to you. This service is offered to Wasatch County Seniors.

How it works:

- Call the Senior Center 435-654-4920 with your checkout request. Please provide your name, address, & phone number.
- Every Monday: We will deliver and/or pick up your items in a bag, which will be left outside on your doorstep or door handle.



A Collaboration Of The Wasatch County Senior Center & The Wasatch County Library.

Need photocopies?

1 sided page = \$0.10 per page

2 sided page = \$0.15 per page

Please call 435-654-4920 for an appointment.



Meals on Wheels

Do you or someone that you care about need meals delivered to your home? The Meals on Wheels program is designed for those who are over the age of 60 years and homebound (do not drive). No income requirements. For more information about the Meals on Wheels program call the Senior Center.

435-654-4920

We have bags filled with non-perishable items available to pick-up.

If you are in need please call 435-654-4920 to schedule a pick-up time.



HOW IRISH ARE YOU?

TEST YOUR I.Q.
(Irish Quotient)



1. Why did St. Patrick drive all the snakes out of Ireland?
2. Why do people wear shamrocks on St. Patrick's Day?
3. How can you tell if an Irishman is having a good time?
4. What's Irish and stays out all night?
5. Why can't you borrow money from a leprechaun?
6. How did the Irish Jig get started?



Answers on next page

The process this year has been designed to be COVID friendly and will be completely contactless. For more information or to schedule your appointments call the Senior Center at 435-654-4920.



Online Bingo

WHEN: EVERY WEDNESDAY
WHERE: [FACEBOOK](#)
(WASATCH COUNTY SENIOR PAGE)
TIME: 1:00 PM
COST: NO CHARGE!!
PICK UP BINGO CARDS CURBSIDE ON TUESDAY OR THURSDAY DURING LUNCH PICK UP BETWEEN 11:30AM-12:15PM

CALL US FOR DETAILS, WE ARE HERE TO HELP!
435-654-4920

ST. PATRICK'S DAY CROSSWORD PUZZLE

Across

4. capital of Ireland
5. a type of Irish dance
7. if you do not wear green on March 17 this will happen
9. the day St. Patrick's Day falls on
11. the national emblem of Ireland
12. yellow and blue make _____
13. from Ireland

Down

1. the 3rd month of the year
2. good fortune
3. nonsense or misleading talk
6. called the Emerald Isle
7. a starchy vegetable
8. a sprite
10. 4 leaf _____

MYUNENTITLEDLIFE.COM

Ensure and Glucerna is a nutritional supplement available, with RX, at our front desk, at a "discounted" rate. Suggested donation for Ensure is \$20 and Glucerna is \$30.

Please call 435-654-4920 for details or to schedule a pick-up time.

Flavors available:

Chocolate – Strawberry – Butter Pecan – Vanilla

Answers from previous page

1. Legend has it that St. Paddy stood on a hilltop, dressed in his formal green attire, and waved his staff to herd all the slithering creatures into the sea, expelling them from the Emerald Isle forever. And low and behold, there hasn't been a snake seen in Ireland since 461 AD. 2. According to St. Patrick's Day lore, St. Patrick used the leaves of a shamrock as a metaphor for the holy trinity. Each leaf represented either the Father, the Son or the Holy Spirit. The Shamrock is also associated with Good Luck. 3. He's Dublin over with laughter!! 4. Patty O'Furniture (or Patio Furniture, if you didn't get it) 5. Because they're always a little short. 6. Too much beer and not enough restrooms!